



## EPISODE 8 WORKSHEET

### Key Things to Remember

Resilience is the ability to adapt and bounce back when things don't go as planned. Resilience is powerful tool for accomplishing your goals.

One of the keys to resilience is taking time to identify what is and what is not under your control.

Don't dwell on failures. Acknowledge the situation, learn from your mistakes, and get better.

**Duncan Nugget® #21:** Failure is only permanent if you quit.

### Vocabulary (Examples of Soft Skills)

**Adaptability-** the ability to readily adjust to different conditions.

**Critical Thinking-** the ability to think logically in order to identify reasonable conclusions and effective solutions.

**GRIT-** Is all about you consistently using your passion and perseverance while working in the right direction.

**Persistence** -the obstinate continuance in a course of action in spite of challenges or difficulties.

**Problem-Solving-** the process of finding solutions to difficult or complex issues.

**Resourcefulness-** the ability to find quick and clever ways to overcome difficulties.

### Review

Skill Talk™ episode # 7 recapped the 3<sup>rd</sup> Annual Workshop. Can you name the four generations that are still in the workplace? Explain why generational communication is important.

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### Discussion Questions

In Skill Talk™ episode #8 AI gave **Million Dollar Question:** What is your best soft skill? How do you know?

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**Interview Question:** What has been your biggest failure to date and how did you deal with it?

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### What Would You Do?

*Total time: 8-12 minutes*

Describe a time when you experienced a setback or a failure and answer the following questions:

- What did you do?
- Why did you decide on that course of action?
- Do you regret your decision?
- What did you learn from your experience?
- Would you do anything differently?

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